

Aramark @ The Archdiocese of Chicago

The following is a list of items that Aramark uses at FSP schools that contain common food allergens. This list may not be complete. There is always a risk of contamination, and these manufacturers of the foods we use could change the formulation at any time, without notice. Aramark cannot guarantee the accuracy of any of the information contained herein. The information contained in this list is not intended as a substitute for advice from your physician or other healthcare professional or for any information contained on or in any product label, packaging or insert. You should not use the information herein for the diagnosis or treatment of any health problem, condition or ailment. Individuals concerned with food allergies must be aware of this risk. FSP and Aramark will not assume any liability for adverse reactions to foods consumed, or items with which one may come into contact while eating at any school district establishment. Families of students with food allergies or those wishing to see additional information are encouraged to contact the registered dietitian.

Lunch Express 9-12

2 Cold Ent

01/02/2018-01/31/2018

<i>Top 8 Allergens: Milk, egg, fish, shellfish, tree nut, peanut, wheat, soy</i>	<i>*May Contain **Contains Pork</i>
Tues 1/2/2018	
SDW GRAH, PBJ GrpHFCSFreeAPWG1	Peanut, Soy, Wheat
CHEESE, MZ String LF 1ea 1.0	Milk
BRD: CRACK SS, Animal WG	Soy, Wheat
VEG: CORN, Fz 1/2c	None
VEG: CARROTS, Baby 1/4c GFP IW	None
VEG: CARROTS, Baby 1/4c GFP IW	None
FRUIT: CUP SS, Applesc PeachMa	None
JUICE SS, Orange 100% 4oz Cart	None
MILK SS, 1% White 8oz	Milk
MILK SS, Skim 8oz	Milk
MILK SS, Skim Chocolate	Milk
COND PC Mayonnaise 12g	Egg
COND PC Mustard 6g	None
Wed 1/3/2018	
SDW GRAH, PBJ GrpHFCSFreeAPWG1	Peanut, Soy, Wheat
CHEESE, MZ String LF 1ea 1.0	Milk
BRD: CRACK SS, GFishChd.75ozWG	Milk, Wheat
VEG: SALAD, Bean Three 3/4 c	None
VEG: SALAD, Potato AP 1/2c	Egg, Soy

	FRUIT: ORANGE 138ct Whole 1/2c JUICE SS, Grape100% 4oz Cart MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g COND PC Mustard 6g	None None Milk Milk Milk Egg None
Thurs	1/4/2018	
	SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: CORN, Fz 1/2c Roll, DinnerWheatAP(Alpha)1ea VEG: TOMATOES, Cherry 1/4c VEG: TOMATOES, Cherry 1/4c FRUIT: BANANA (100-120ct) Whl JUICE SS, Frt Bld 100% 4oz Crt MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g COND PC Mustard 6g	Milk, Soy, Wheat Soy, Wheat None None None None None None Milk Milk Milk Egg None
Fri	1/5/2018	
	SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: BROCCOLI, GFP IW 1/2c VEG: SALAD, Side RomMix AP1c Roll, DinnerWheatAP(Alpha)1ea JUICE SS, Apple 100% 4oz Cart FRUIT: PEARS 135 ct. COND PC Drsg French Red FF 12g MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g COND PC Mustard 6g	Milk, Soy, Wheat Milk, Soy, Wheat None None Soy, Wheat None None None None Milk Milk Milk Egg None
Mon	1/8/2018	
	SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: SALAD, Bean Three 3/4 c Roll, DinnerWheatAP(Alpha)1ea VEG: TOMATOES, Cherry 1/4c FRUIT: CRAISINS, SS Origin1.16 JUICE SS, Grape100% 4oz Cart MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate	Milk, Soy, Wheat Soy, Wheat None Soy, Wheat None None None None Milk Milk Milk

	COND PC Mayonnaise 12g COND PC Mustard 6g	Egg None
Tues	1/9/2018	
	SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: CORN, Fz 1/2c VEG: CARROTS, Baby 1/4c GFP IW VEG: CARROTS, Baby 1/4c GFP IW JUICE SS, Orange 100% 4oz Cart FRUIT: CUP SS, Applesc STW1/2c MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g COND PC Mustard 6g	Milk, Soy, Wheat Milk, Soy, Wheat None None None None None Milk Milk Milk Egg None
Wed	1/10/2018	
	SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: CORN, Fz 1/2c VEG: BROCCOLI, GFP IW 1/2c FRUIT: ORANGE 138ct Whole 1/2c JUICE SS, Frt Bld 100% 4oz Crt MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g COND PC Mustard 6g	Milk, Soy, Wheat Soy, Wheat None None None None Milk Milk Milk Egg None
Thurs	1/11/2018	
	SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: SALAD, Side RomMix AP1c Roll, DinnerWheatAP(Alpha)1ea VEG: CORN, Fz 1/2c Fruit: Clementine GFP 1/2c JUICE SS, Apple 100% 4oz Cart COND PC Drsg French Red FF 12g MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g COND PC Mustard 6g	Milk, Soy, Wheat Milk, Soy, Wheat None Soy, Wheat None None None None Milk Milk Milk Egg None
Fri	1/12/2018	
	SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: CARROTS, Baby 1/4c GFP IW VEG: CARROTS, Baby 1/4c GFP IW	Milk, Soy, Wheat Soy, Wheat None None

	VEG: SALAD, Potato AP 1/2c FRUIT: APPLE, 138ct Whole 1c JUICE SS, Orange 100% 4oz Cart MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g COND PC Mustard 6g	Egg, Soy None None Milk Milk Milk Egg None
Mon	1/15/2018	
	SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: SALAD, Bean Three 3/4 c Roll, DinnerWheatAP(Alpha)1ea VEG: CARROTS, Baby 1/4c GFP IW FRUIT: CUP SS, Applesc Pea1/2c JUICE SS, Grape100% 4oz Cart MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g COND PC Mustard 6g	Milk, Soy, Wheat Milk, Soy, Wheat None Soy, Wheat None None None Milk Milk Milk Egg None
Tues	1/16/2018	
	SDW GRAH, PBJ GrpHFCSFreeAPWG1 CHEESE, MZ String LF 1ea 1.0 BRD: CRACK SS, Animal WG VEG: CORN, Fz 1/2c VEG: TOMATOES, Cherry 1/2c FRUIT: FRUIT MIX w/Lt Syr 1/2c JUICE SS, Frt Bld 100% 4oz Crt MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g COND PC Mustard 6g	Peanut, Soy, Wheat Milk Soy, Wheat None None None None Milk Milk Milk Egg None
Wed	1/17/2018	
	SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: SALAD, Side RomMix AP1c Roll, DinnerWheatAP(Alpha)1ea VEG: CORN, Fz 1/2c FRUIT: PEARS 135 ct. JUICE SS, Apple 100% 4oz Cart COND PC Drsg Ranch BtrmlkFF12g MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate	Milk, Soy, Wheat Milk, Soy, Wheat None Soy, Wheat None None None Milk Milk Milk Milk

	COND PC Mayonnaise 12g COND PC Mustard 6g	Egg None
Thurs	1/18/2018	
	SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: SALAD, Potato AP 1/2c VEG: CELERY, Sticks AP 1/2c JUICE SS, Grape100% 4oz Cart FRUIT: CUP SS, Applesc Mixed B MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g COND PC Mustard 6g	Milk, Soy, Wheat Soy, Wheat Egg, Soy None None None Milk Milk Milk Egg None
Fri	1/19/2018	
	SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: BROCCOLI, GFP IW 1/2c VEG: CARROTS, Baby 1/4c GFP IW VEG: CARROTS, Baby 1/4c GFP IW JUICE SS, Orange 100% 4oz Cart FRUIT: APPLE, 138ct Whole 1c MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g COND PC Mustard 6g	Milk, Soy, Wheat Milk, Soy, Wheat None None None None None Milk Milk Milk Egg None
Mon	1/22/2018	
	SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: TOMATOES, Cherry 1/2c VEG: CORN, Fz 1/2c FRUIT: FRUIT MIX w/Lt Syr 1/2c FRUIT: BANANA (100-120ct) Whl MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g COND PC Mustard 6g	Milk, Soy, Wheat Soy, Wheat None None None None None Milk Milk Egg None
Tues	1/23/2018	
	SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: CORN, Fz 1/2c VEG: CARROTS, Baby 1/4c GFP IW VEG: CARROTS, Baby 1/4c GFP IW FRUIT: CUP SS, Applesc 1/2c	Milk, Soy, Wheat Milk, Soy, Wheat None None None None

	JUICE SS, Frt Bld 100% 4oz Crt MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g COND PC Mustard 6g	None Milk Milk Milk Egg None
Wed	1/24/2018	
	SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: SALAD, Potato AP 1/2c VEG: PEPPERS, Red Strips1/2c JUICE SS, Grape100% 4oz Cart FRUIT: APPLE, Slcd IW 2oz MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g COND PC Mustard 6g	Milk, Soy, Wheat Soy, Wheat Egg, Soy None None None Milk Milk Milk Egg None
Thurs	1/25/2018	
	SUB AP, Tky AM WG NoVegALPHA SDW BD, AM WG 2.0 VEG: SALAD, Bean Three 3/4 c Roll, DinnerWheatAP(Alpha)1ea VEG: BROCCOLI, GFP IW 1/2c FRUIT: APPLE, 138ct Whole 1c JUICE SS, Orange 100% 4oz Cart MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g COND PC Mustard 6g	Milk, Soy, Wheat Milk, Soy, Wheat None Soy, Wheat None None None Milk Milk Milk Egg None
Fri	1/26/2018	
	SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: SALAD, Side RomMix AP1c Roll, DinnerWheatAP(Alpha)1ea VEG: CORN, Fz 1/2c FRUIT: ORANGE 138ct Whole 1/2c JUICE SS, Apple 100% 4oz Cart MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g COND PC Mustard 6g COND PC Drsg French Red FF 12g	Milk, Soy, Wheat Soy, Wheat None Soy, Wheat None None None Milk Milk Milk Egg None None
Mon	1/29/2018	

SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: CORN, Fz 1/2c VEG: CARROTS, Baby 1/4c GFP IW VEG: CARROTS, Baby 1/4c GFP IW FRUIT: CUP SS, Applesc Cin1/2c JUICE SS, Apple 100% 4oz Cart MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g COND PC Mustard 6g	Milk, Soy, Wheat Soy, Wheat None None None None None Milk Milk Milk Egg None
Tues 1/30/2018	
SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: TOMATOES, Cherry 1/2c VEG: CORN, Fz 1/2c FRUIT: FRUIT MIX w/Lt Syr 1/2c FRUIT: BANANA (100-120ct) Whl MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g COND PC Mustard 6g	Milk, Soy, Wheat Soy, Wheat None None None None None Milk Milk Egg None
Wed 1/31/2018	
SUB AP, Ham AM WG NoVegALPHA SDW BD, SBJ WG 2.0 ALPHA VEG: SALAD, Potato AP 1/2c VEG: SALAD, Side RomMix AP1c Roll, DinnerWheatAP(Alpha)1ea FRUIT: PEARS 135 ct. JUICE SS, Grape100% 4oz Cart COND PC Drsg Italian FF 12g MILK SS, 1% White 8oz MILK SS, Skim 8oz MILK SS, Skim Chocolate COND PC Mayonnaise 12g COND PC Mustard 6g	Milk, Soy, Wheat Soy, Wheat Egg, Soy None Soy, Wheat None None None Milk Milk Milk Egg None